

ARTS AND CRAFTS: MINI AFFIRMATION BANNERS

This is a fun activity that can be done with all of your friends and family, they would even make great gifts! Often times we are hard on ourselves but it is important to be kind and gentle to ourselves. We should give ourselves a little positivity push every day. A great way to do this is through daily affirmations. These are important because they encourage us to believe in others and ourselves! Below patrons will find a fun activity that will help materialize affirmations. Enjoy!

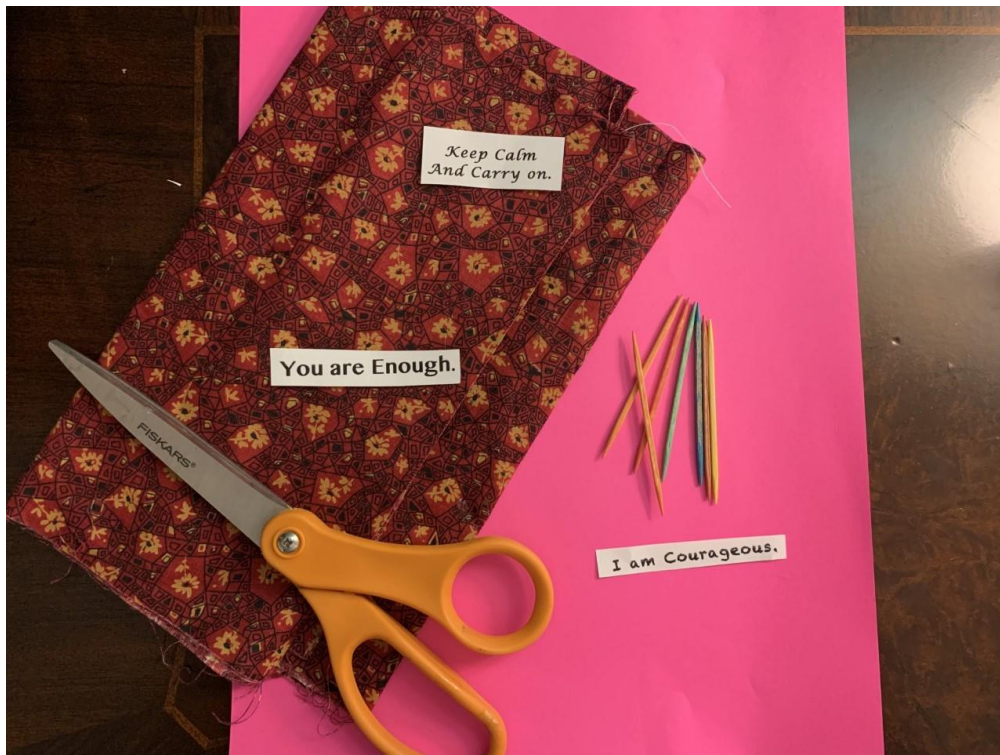
Materials

Fabric or colored paper

Toothpick, chopsticks, or yarn

Glue

Scissors



Instructions

Write down or print out your favorite affirmation phrases or quotes and cut them out.

Using fabric or colored paper cut out the shape of a banner to fit your text

Glue the quote or phrase onto the mini banner

Fold the top part of your banner back and glue to create a loop

Finally, put a toothpick or chopstick through so that you can hang your mini banner. You can also use yarn!